

LENA CEBULA

**Navigating Major Life Changes
Both Personal & Professional**

COACH FOR WOMEN IN TRANSITION



10 QUICK ACTIONS YOU CAN TAKE TO AVOID BURNOUT

Burnout can sneak up on us, especially when we're juggling multiple roles, expectations, and goals. Here's a quick guide to help you recognize burnout symptoms and take simple steps toward preventing and managing it.





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These quick steps aren't a cure-all, but they're a great start. Taking small moments to care for yourself throughout the day can make a big difference in keeping burnout at bay. Use this list as a reminder that you deserve to feel well, rested, and ready to take on your unique journey full of joy and fulfilment.



LENA CEBULA

FOUNDER OF LOVE&BLOVED

Who I Am:

I'm Lena Cebula, a wife and a mother of three beautiful children. A survivor of human trafficking, drug abuse and alcohol dependance, turned certified coach, passionate about supporting women through life's toughest transitions. My personal journey from survival to faith, freedom and thriving after trauma is the foundation of my work: helping women overcome their own struggles.

What I Do:

I am helping women who feel overwhelmed, alone, and stuck; guiding them toward clarity with a focus on personal growth, faith and purpose. I help women create actionable steps for long-term success in their careers, relationships, and motherhood.

Why It Matters:

Because I've been there. I've faced adversity head-on, and I know how to turn challenges into catalysts for transformation. My coaching is grounded in real life experience; offering women a supportive and safe space to explore possibilities and to discover their gifts and strength. You are an expert in your life, but coaching helps connect you to your own wisdom and take action to create the life you want.



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SELF-CARE IS NOT SELFISH!

This is a resource list you can use to help avoid burnout. This list is broken down by feelings/signs of burnout, self-reflection prompts to confirm those feelings, and quick action steps you can take to find relief.

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WARNINGS

1

YOU FEEL CONSTANTLY TIRED – EVEN WITH REST

2

***YOU'RE LOSING INTEREST IN ACTIVITIES YOU
ONCE LOVED***

3

YOU'RE EASILY IRRITATED BY SMALL THINGS

4

***YOU'RE MENTALLY CHECKED OUT AT WORK
OR HOME***

5

***YOU'RE STRUGGLING TO GET OUT OF BED
IN THE MORNING***

WARNINGS

6

YOU FEEL OVERWHELMED BY SIMPLE TASKS

7

***YOU'RE CONSTANTLY NEGLECTING
SELF-CARE***

8

***YOU FEEL LIKE YOU'RE ON EDGE
ALL THE TIME***

9

***YOU'RE EXPERIENCING PHYSICAL
ACHES AND PAINS***

10

***YOU'RE FEELING OVERWHELMED
AND UNFULFILLED***

1.You Feel Constantly Tired – Even with Rest

Sign of Burnout: You're exhausted, no matter how much you sleep.

- **Self-Check:** Are you feeling drained even after a full night's rest?
- **Action Step:** Schedule a short “power hour” for yourself daily. For just 10 minutes each, practice deep breathing, light stretching, and sipping a hydrating drink to rejuvenate.

2. You're Losing Interest in Activities You Once Loved

Sign of Burnout: Nothing feels enjoyable, even hobbies that used to bring joy.

- **Self-Check:** Do activities you normally enjoy feel more like chores?
- **Action Step:** Reintroduce a favourite hobby into your routine, but limit it to just 15 minutes. This may help re-spark interest without adding extra pressure.

3. You're Easily Irritated by Small Things

Sign of Burnout: Little things that wouldn't usually bother you seem overwhelming.

- **Self-Check:** Do minor annoyances trigger big emotional reactions?
- **Action Step:** Practice the “pause and breathe” technique. When something irritates you, take five deep breaths, then respond. This brief pause reduces stress hormones.

4. You're Mentally Checked Out at Work or Home

Sign of Burnout: Your focus is scattered, and you feel disconnected.

- **Self-Check:** Are you having trouble staying engaged in conversations or tasks?
- **Action Step:** Try a quick grounding exercise. Stand up, look around, and name five things you can see. This refocuses your mind on the present.

5. You're Struggling to Get Out of Bed in the Morning

Sign of Burnout: The thought of facing the day feels overwhelming.

- **Self-Check:** Are mornings hard because you're dreading the day?
- **Action Step:** Give yourself something to look forward to in the morning, like listening to a favourite song, or mindfully enjoying a few sips of your favourite drink.

6. You Feel Overwhelmed by Simple Tasks

Sign of Burnout: Even easy tasks feel like a burden.

- **Self-Check:** Do tasks you once handled with ease now feel unmanageable?
- **Action Step:** Break tasks into mini-steps. Instead of tackling a big project, take 5 minutes to complete just one small part. Small wins help build momentum.

7. You're Constantly Neglecting Self-Care

Sign of Burnout: Self-care feels like one more thing to “get done.”

- **Self-Check:** Are you avoiding things like exercise, sleep, or eating well?
- **Action Step:** Pick one self-care activity and keep it simple. For example, drinking a glass of water every morning. Build consistency with this small action.

8. You Feel Like You're On Edge All the Time

Sign of Burnout: Your nervous system feels heightened or tense.

- **Self-Check:** Do you feel on high alert even when things are calm?
- **Action Step:** Practice “box breathing.” Inhale for 4 counts, hold for 4, exhale for 4, hold for 4, and repeat. This resets the nervous system.

9. You're Experiencing Physical Aches and Pains

Sign of Burnout: Your body feels sore or tense without a clear reason.

- **Self-Check:** Are headaches, muscle tension, or other pains becoming frequent?
- **Action Step:** Stretch for 5 minutes each morning, focusing on areas where you carry tension (neck, shoulders, etc). Physical relief can ease mental stress.

10. You're Feeling Overwhelmed and Unfulfilled

Sign of Burnout: Everything feels like “too much,” but nothing feels satisfying.

- **Self-Check:** Do you feel like you're just going through the motions without purpose?
- **Action Step:** Reflect on what gives you joy, then incorporate one small, fulfilling activity each day, even if it's as simple as savouring a quiet moment.

EMBRACE YOUR UNIQUE BEAUTY

Every woman's beauty is unique and shines from within. Recognizing and embracing your natural qualities helps you see yourself as beautiful just as you are.



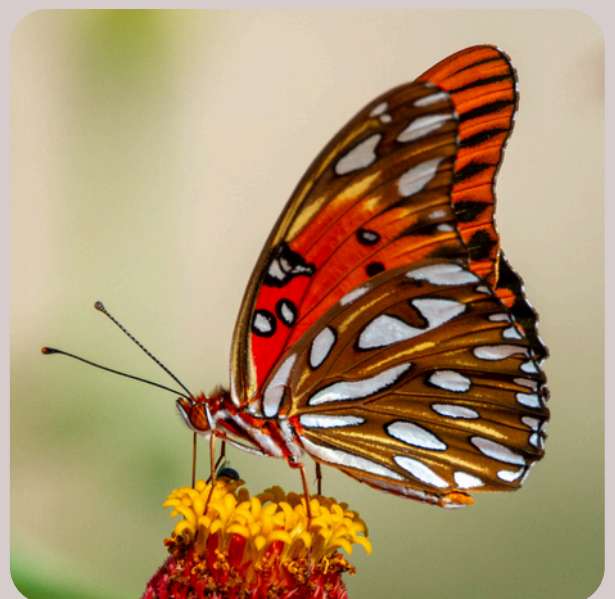
KNOW YOUR INHERENT WORTH

Worth is not something you earn; it's inherent. You are valuable and deserving simply because of who you are, not because of what you do or achieve.



BELIEVE YOU ARE ENOUGH

You are already whole and complete. Embracing the belief that you are enough as you are empowers you to live with confidence, joy, and self-acceptance.





“Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

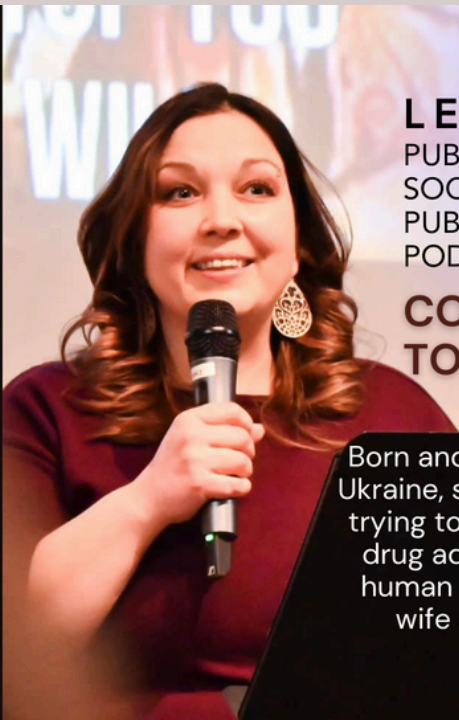
We ask ourselves, who am I to be brilliant, gorgeous, talented fabulous?

Actually... who are you not to be?

We were born to make manifest the glory of God that is within us. And as we let our own light shine, we give other people permission to do the same.”

Marianne Williamson.

LENA CEBULA



LENA CEBULA

PUBLISHED AUTHOR
SOCIAL JUSTICE ADVOCATE
PUBLIC SPEAKER
PODCAST: Host of the *Love&BLoved*

CONTACT LENA TO SPEAK AT YOUR EVENT

Born and raised in a post-USSR Ukraine, she struggled in poverty trying to survive while suffering drug addiction. Lena is now a human trafficking SURVIVOR, wife and mama of three.



Get more info and explore my workshop: “Finding Balance in Transitions: Relationships, Career, and Motherhood”

It was designed to help women to navigate the feelings of overwhelm from juggling multiple roles, with a focus on achieving work-life balance, and addressing the fear of not meeting expectations.

TOGETHER WE’LL TURN CHALLENGES INTO OPPORTUNITIES FOR TRANSFORMATION

Ready to take the next step in your journey? As a Certified Life Coach, I am offering ongoing support. Please feel free to reach out for a complimentary 45-minute coaching session, where we can discuss how coaching can benefit you and what it would look like for us to work together.

Warm regards, Lena Cebula
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You are loved.



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